

## 24 Hour Urine Collection

Your body makes urine 24 hours a day. Many different elements are released into your urine throughout the day. A collection of all the urine you make during a 24 hour period will show how much of a particular element is in your urine.

You need to collect a 24 hour urine specimen so the lab can test for

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Your nurse will either give you a urine container or tell you where to get one. You may find it easier to urinate into a smaller container. If you do this, pour the urine into the hospital container right away. Remember to save ***all*** the urine. It is important that we know exactly how much urine you make in 24 hours.

Follow these steps when you collect your 24 hour urine specimen:

1. On the morning of the day ***before*** you come to the hospital, urinate into the ***toilet***. Do not save this urine.
2. ***Write down the time:*** \_\_\_\_\_ a.m.
3. Save all your urine from that time on in the container you were given. Keep the container in the refrigerator or in a cooler. This will preserve the urine.
4. The next morning, urinate at the ***same time*** you started your collection the day before. Put this urine ***into the container***.
5. Your 24 hour urine collection is now complete.

You were given a lab slip when you got your container. Bring this slip with you when you bring in your specimen. Take your urine container and the lab slip to the Laboratory Specimen Receiving Window. To find this area, take one of the elevators at the outpatient entrance (Urgent Care Area) to the basement. Turn left as you leave the elevator. After you pass Prosthetic Service, turn left at the first hallway you come to. As you walk down the hall, you will see a window on the right marked ***LAB- Specimen Receiving***. Take your sample to the window.

The day you bring your urine sample to the lab, you may also be scheduled to have blood drawn. This is done in the ***Blood Drawing Room***, Room BA-117. Take an outpatient elevator to the basement. Turn left when you leave the elevator. As you walk down the hall it's on the left side.

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If you have any questions or want more information, ask your nurse.

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